

The power of spending time together

Media-free times together with parents should be designated. Do not underestimate the learning power of reading a book with your child or spending time exploring the outdoors. Parents need to be models for their children. Parents have to strike a balance, turn off the devices and spend real time with their children. The real world is a very important place for children to develop cognitive, social and language skills.



DIGITAL reading

Guidelines for Parents



Contact Information

The National Literacy Agency

 <https://www.facebook.com/NationalLiteracyAgency/>

 25982992



The number of children using smartphones and tablets is rising. Whether you opt for a smartphone, or a tablet, there will be plenty of child-friendly content to consider. Tablets have many advantages for children, with videos and apps to keep them entertained and educational games to help with learning. There are many Story apps on the market. It is important to know what makes a Story app good, how your child can make the most out of it and what safety issues you should consider.

How to choose a Story app:

- Choose only age-appropriate Story apps but also take into consideration the abilities and the interests of your child
- Choose high quality Story apps, rated highly by educators and parents, both in terms of their graphics and literary appeal
- The hotspots of the app should complement the narrative and aid in the comprehension of the story. This allows the children to focus on the story and not to get distracted by loud sounds and unrelated moving pictures

Digital Reading

- Share Story apps with your child, taking turns to read and to experience the story together
- Talk to your child about the story and ask relevant questions and point out different aspects of the content
- Help them to understand what they are seeing on the screen and apply it to the world around them
- Shared reading can help to increase your child's comprehension skills

"Parents need to be involved in their child's experience with digital devices, especially at a young age."



Safety issues

- Overexposure to screens may cause the child to become less active and to miss out on physical and social activities, adequate sleep or other behaviours essential to health
- Keep media screens in family areas so that a child's media usage can be monitored
- Designate media-free locations in the house - TVs and computers should be kept out of bedrooms
- Supervise your child, show them how things work, and answer their questions about digital devices.

"Tablets are not toys. As a busy parent you may be tempted to leave your child alone with the tablet. This could cause some long-term problems. Children need to socialise, to run, to jump and to engage in active play".

Internet use

- Talk to your child about online safety - Cyberbullying, privacy and adult content are just a few of the issues they will face.
- If your child is using the Internet, you can check what he/she is doing online by checking the browser history

Limit screen time

The American Pediatric Association recommends that:

- Children younger than 18 months should avoid use of screen media other than video-chatting.
- Children under two years of age learn best from real-world experiences and interactions, and each minute spent in front of a screen-based device is a minute when your child is not exploring the world and using their senses, which is extremely important in their development process.
- Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they are seeing.
- For children ages 2 to 5 years, screen use should be limited to 1 hour per day of high-quality programmes. Your child may be ready sooner or later, depending on his/her abilities and the level of supervision required.
- For school-age children, a smartphone or tablet can give them an additional learning layer, beyond the traditional classroom or book. Smartphones and tablets provide students with multiple opportunities to access content and engage with curriculum. They connect students to the world beyond the four walls of their classroom and give them access to real world experts and solving real world problems in real time. Technology makes their learning relevant.